

5 Top Spinal Cord Injuries for Women

by [John Demas](#) on 06/29/10 at 2:18 pm

Although men are more prone to spinal cord injuries, women can also get this type of injury as well. Today, more women are engaging in physically demanding jobs than ever before and a great many of them experience spinal cord injuries as a result of work. However, work related injuries are not the top cause for spinal cord injury (SCI) among women.

To date, the number one reason why women suffer from [spinal cord injuries](#) is trauma that typically occurs from a vehicular accident or a major blow to the spine. It is a serious injury that should be attended to as soon as possible.

Second to accident trauma is physical violence at home. Sadly, it is true but the second leading cause of *spinal cord injuries* occurs due to domestic violence. Unfortunately, unless a woman comes forward and complains about her situation to the right authorities, there is not much anyone can do. Doctors can treat her after the injury occurs but if the abuse continues, it can deteriorate to a point wherein she may never fully recover from such [spinal cord injuries](#).

The third reason for [spinal cord injuries](#) among women is a fall while walking, running, or just getting up from the chair. These injuries are even more dangerous and severe if the woman is pregnant or carrying a baby because she could harm herself and the unborn child. This is one reason why some doctors advise pregnant women to avoid high heels, walking on rough terrain, and climbing up ladders or even step-stools. On the same token, when a woman picks up her baby or a young child, she shouldn't make any abrupt movements as this could lead to a fall or a *spinal cord injury*. In addition, it is also advised that she not carry her child for long periods (especially if she has a history of weak back muscles).

A fourth cause for *spinal cord injuries* among women are diseases or illnesses such as cancer, arthritis, infections, inflammation, and degeneration of a spinal disk. These are considered non-traumatic injuries but still need to be given medical attention nevertheless.

Finally, since more women are becoming physically active and engaging in different sports previously considered sports for men, there is a growing number of sports-related spinal cord injuries among women. These sports, such as weight-lifting, or adventure sports like bungee jumping can take a toll on the spine. Since it is possible to have a [spinal cord injury](#) and not know it, there is a risk that it could develop and become more debilitating. This is why anyone who suffers an impact should consult a doctor regardless of whether there is any sign of trauma or not.

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